



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01055, Cream, sour, reduced fat, cultured

Report Date: July 05, 2017 03:12 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 cup 242g
Proximates						
Water	g	80.14	--	--	12.02	193.94
Energy	kcal	135	--	--	20	327
Energy	kJ	563	--	--	84	1362
Protein	g	2.94	--	--	0.44	7.11
Total lipid (fat)	g	12.00	--	--	1.80	29.04
Ash	g	0.66	--	--	0.10	1.60
Carbohydrate, by difference	g	4.26	--	--	0.64	10.31
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.16	--	--	0.02	0.39
Minerals						
Calcium, Ca	mg	104	--	--	16	252
Iron, Fe	mg	0.07	--	--	0.01	0.17
Magnesium, Mg	mg	10	--	--	2	24
Phosphorus, P	mg	95	--	--	14	230
Potassium, K	mg	129	--	--	19	312
Sodium, Na	mg	89	--	--	13	215
Zinc, Zn	mg	0.50	--	--	0.07	1.21
Copper, Cu	mg	0.016	--	--	0.002	0.039
Manganese, Mn	mg	0.003	--	--	0.000	0.007
Selenium, Se	µg	2.1	--	--	0.3	5.1
Vitamins						
Vitamin C, total ascorbic acid	mg	0.9	--	--	0.1	2.2

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 cup 242g
Thiamin	mg	0.035	--	--	0.005	0.085
Riboflavin	mg	0.149	--	--	0.022	0.361
Niacin	mg	0.067	--	--	0.010	0.162
Pantothenic acid	mg	0.363	--	--	0.054	0.878
Vitamin B-6	mg	0.016	--	--	0.002	0.039
Folate, total	µg	11	--	--	2	27
Folic acid	µg	0	--	--	0	0
Folate, food	µg	11	--	--	2	27
Folate, DFE	µg	11	--	--	2	27
Choline, total	mg	19.2	--	--	2.9	46.5
Vitamin B-12	µg	0.30	--	--	0.04	0.73
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	102	--	--	15	247
Retinol	µg	100	--	--	15	242
Carotene, beta	µg	23	--	--	3	56
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	372	--	--	56	900
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.34	--	--	0.05	0.82
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.2	--	--	0.0	0.5
Vitamin D3 (cholecalciferol)	µg	0.2	--	--	0.0	0.5
Vitamin D	IU	9	--	--	1	22
Vitamin K (phylloquinone)	µg	0.6	--	--	0.1	1.5
Lipids						
Fatty acids, total saturated	g	7.470	--	--	1.121	18.077
4:0	g	0.389	--	--	0.058	0.941
6:0	g	0.230	--	--	0.035	0.557
8:0	g	0.134	--	--	0.020	0.324
10:0	g	0.301	--	--	0.045	0.728
12:0	g	0.337	--	--	0.051	0.816

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 cup 242g
14:0	g	1.207	--	--	0.181	2.921
16:0	g	3.156	--	--	0.473	7.638
18:0	g	1.454	--	--	0.218	3.519
Fatty acids, total monounsaturated	g	3.466	--	--	0.520	8.388
16:1 undifferentiated	g	0.269	--	--	0.040	0.651
18:1 undifferentiated	g	3.019	--	--	0.453	7.306
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.446	--	--	0.067	1.079
18:2 undifferentiated	g	0.271	--	--	0.041	0.656
18:3 undifferentiated	g	0.175	--	--	0.026	0.423
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	39	--	--	6	94
Amino Acids						
Tryptophan	g	0.041	--	--	0.006	0.099
Threonine	g	0.133	--	--	0.020	0.322
Isoleucine	g	0.178	--	--	0.027	0.431
Leucine	g	0.288	--	--	0.043	0.697
Lysine	g	0.233	--	--	0.035	0.564
Methionine	g	0.074	--	--	0.011	0.179
Cystine	g	0.027	--	--	0.004	0.065
Phenylalanine	g	0.142	--	--	0.021	0.344
Tyrosine	g	0.142	--	--	0.021	0.344
Valine	g	0.197	--	--	0.030	0.477
Arginine	g	0.106	--	--	0.016	0.257
Histidine	g	0.080	--	--	0.012	0.194
Alanine	g	0.101	--	--	0.015	0.244
Aspartic acid	g	0.223	--	--	0.033	0.540
Glutamic acid	g	0.616	--	--	0.092	1.491

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 cup 242g
Glycine	g	0.063	--	--	0.009	0.152
Proline	g	0.285	--	--	0.043	0.690
Serine	g	0.160	--	--	0.024	0.387
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0